



Recreation Pool Schedule

Indianola YMCA

April 2nd– May 31st

	OPEN SWIM	WATER FITNESS	AQUATICS PROGRAMMING	ADDITIONAL INFORMATION
M O N D A Y	10:30am-5:30pm 6:00pm-9:30pm	H2O Walking / Individual Exercise 6:00am – 9:30am Water Sculpt 9:30am – 10:15am	Swim Lessons: Preschool: 5:30pm-6:00pm *Pool will be closed to open swim during classes	<p>Please refer to the Pool Rules and Diving Board Rules posted in the Aquatics Center.</p> <p>OPEN SWIM Open swim time is open to water walkers, physical therapy patients, and recreational swimmers. Be prepared to share the pool with kids and physical therapy participants.</p> <p>Children under the age of 8 years old must have IN WATER SUPERVISION unless they have passed the YMCA swim test. Talk to the YMCA lifeguard on duty about the swim testing procedures.</p> <p><u>Swim Testing:</u> We will swim test and mark all pool users age 14 years and under who would like to swim in water depths over chest height of the individual. The swim test is done in the competitive pool, ask any lifeguard to take the test during open swim hours.</p> <p>H2O WALKING / INDIVIDUAL EXERCISE This is time in the pool designated for those looking for space to do individual workouts or workouts outside of a class or lap swim setting. Our water exercise equipment is available upon request.</p> <p>There will be NO open swim available during swim lesson times.</p> <p>Questions? Please visit our Welcome Center for assistance. You can also contact us at 515-777-7746 or Indianola@dymymca.org</p>
T U E S D A Y	10:30am-1:00pm 2:00pm-6:30pm 7:00pm-9:30pm	H2O Walking / Individual Exercise 6:00am – 9:30am BAM 9:30am – 10:15am Aquatics to Restore Health 1:00pm-2:00pm Aqua Dance 5:30pm-6:15pm	Swim Lessons: Waterbabies: 6:30pm-7:00pm *Pool will be closed to open swim during classes	
W E D N E S D A Y	10:30am-5:30pm 6:00pm-9:30pm	H2O Walking / Individual Exercise 6:00am – 9:30am Water Sculpt 9:30am – 10:15am	Swim Lessons: Preschool: 5:30pm-6:00pm *Pool will be closed to open swim during classes	
T H U R S D A Y	10:30am-1:00pm 2:00pm-5:30pm 6:15-9:30pm	H2O Walking / Individual Exercise 6:00am – 9:30am BAM 9:30am – 10:15am Aquatics to Restore Health 1:00pm-2:00pm Aqua Zumba 5:30pm – 6:15pm		
F R I D A Y	10:30am-8:30pm	H2O Walking / Individual Exercise 6:00am – 9:30am Water Sculpt 9:30am – 10:15am		
S A T U R D A Y	10:30am-4:30pm		Swim Lessons: Waterbabies:9:00am-9:30am Preschool: 9:45am-10:15am *Pool will be closed to open swim during classes	
S U N D A Y	10:00am-4:30pm			